

- Labor can be an exciting time. During the coronavirus outbreak, it can also be an anxious one.
- If you are having labor pains, if your bag of water breaks, or if you can't feel your baby move, you should call labor and delivery at your Kaiser Permanente facility or come into the hospital.
- There may be a greeter at the entrance who may ask you about symptoms or take your temperature. If you have any cough, fever, or shortness of breath, let the screener at the entrance of the hospital know. Better yet, call first.
- If protocols allow, you may be able to have one caregiver stay with you at the hospital. It may be a good idea for that person to bring some food from home, since he or she may not be able to leave the hospital until you are released.
- You and your caregiver may be asked to wear a mask. It's okay to wear a mask from home if you have one.
- No matter what type of delivery you have, we will try to get you back to the safety of your own home as quickly as possible. Getting you home quickly and safely protects your baby and keeps hospital beds available for patients experiencing an emergency.